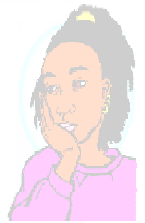


# Common Depression Myths Among Teens



**Myth - It is normal for teenagers to be moody. Teens don't suffer from real depression.**

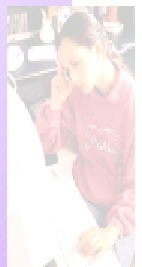
**FACT - Depression is more than just being moody. And it can affect people at any age, including teenagers.**



**Myth - Talking about depression only makes it worse.**

**FACT - Talking through feelings with a good friend is often a helpful first step. Friendship, concern and support can provide the encouragement to talk to a parent or other trusted adult about getting evaluated for depression.**

**Myth - Telling an adult that a friend might be depressed is betraying a trust. If someone wants help, he or she will get it.**



**FACT - Depression, which saps energy and self-esteem, interferes with a person's ability or wish to get help. It is an act of true friendship to share your concerns with an adult who can help.**

